

University of Alaska Southeast

the Whalesong

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The Whalesong
Staff would like
to wish every-
one a GREAT

SPRING BREAK

LIVE IT UP! BUT ... BE SAFE!

HAVE A BALL!

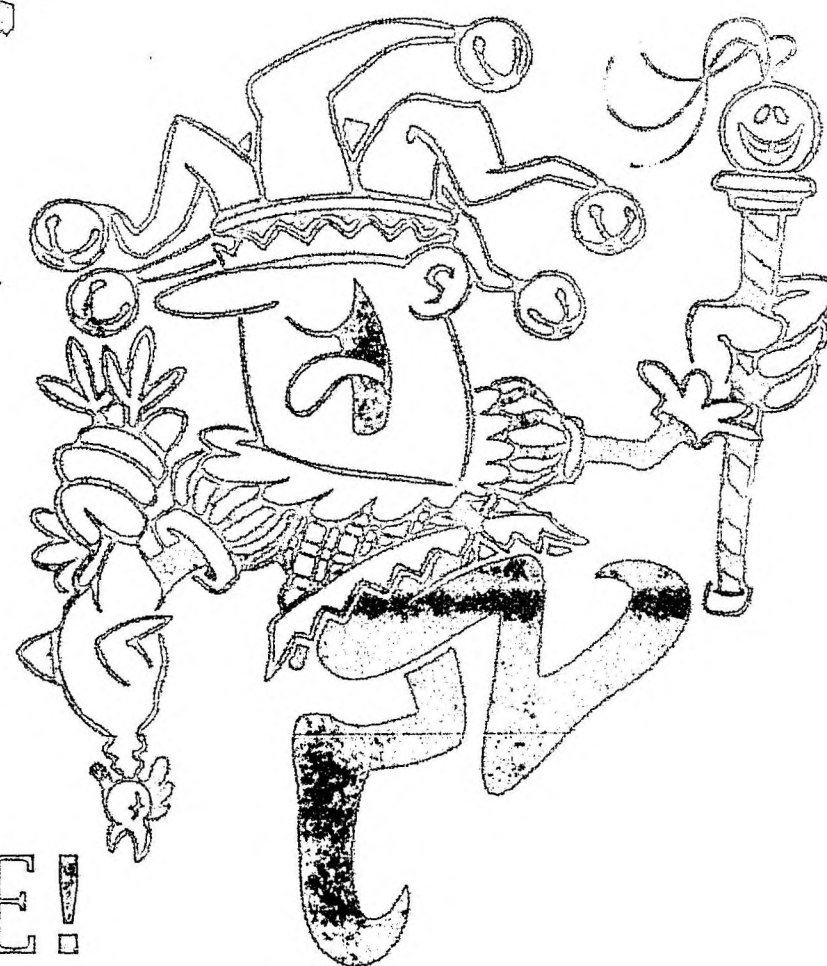


Photo by Rob Dailey

Ben Noeller and Bradley Greenwell left the poop-scooping to other students, choosing instead to wash the animals' dishes.

UAS students lend a paw

By Rob Dailey
Whalesong Staff

Then UAS students burst into the Humane Society, dripping with enthusiasm like wet dogs, and asked what they could do to help. The reply came, "Maybe the yard needs a poop-scoop?"

The students, a volunteer team coordinated by McKenzie Mataya, contacted the Gastineau Humane Society a few weeks ago as part of their speech communications class, taught by Beth Weigel. Their goal is to get UAS students more involved in the community, doing volunteer work around town. Other groups have chosen places like the Boys & Girls Club and the Glory Hole.

Mataya chose the Humane Society because she loves animals, and because, she said, it "seems like it's easier to get people to help animals than other people sometimes." But when Mataya first contacted the Humane Society, they didn't sound very excited about her plan. In fact, the animal shelter said they didn't have that much to do.

According to Angela Morrissey, Gastineau Humane Society's Volunteer Coordinator, the shelter gets a lot of calls about volunteering, but many people don't realize what's involved and, when they find out, they don't last long. "People think you just come in, play with the animals," Morrissey said, "but it's hard work."

So once the UAS students showed a willingness to work, there was suddenly a lot to be done.

Now the students are finding out just how hard the work is. Every Friday they plan to go to the Humane Society and poop-scoop, scrub, scrape, sand, mop, paint, and, of course, play with the animals once in a while.

"You do all this hard work," Mataya said, "and you think, 'Oh this sucks,' then they let you

Continued on page 2

FBI puts out a bulletin for 930 job recruits

By Rudolph Bush
Chicago Tribune

CHICAGO - The job market might be tight, but at least one firm is doing more hiring than it has in years.

The FBI wants 930 more special agents by Sept. 30, a recruitment drive prompted by the threat of terrorism and the fact many agents are nearing the mandatory retirement age of 57.

"This is one of the largest single hiring efforts we've ever had," said FBI spokesman Ross.

Rice with the Chicago office. "We're looking for people with a wide variety of ethnic backgrounds and skills."

The FBI has about 11,500 agents, a number they would like to boost to more than 12,000.

They are so intent on reaching that goal that they have held news conferences like one in Merrillville, Ind., last week where high-ranking agents asked the public to answer the call to government service.

With the number of people

and specific skills needed, the bureau hopes for an even wider range of applications than the 50,000 on file.

Given the job market and an increased interest in helping the government fight terrorism, the bureau couldn't be recruiting at a better time, said Jay Burgin, a career placement counselor at the

"If a student comes in and says I'm interested in government work, this is certainly the time to get in because the opportunities are there and the opportunities for promotion are going to be there as other people retire," he said.

Since Sept. 11, the FBI has made it well known that recruits who speak Arabic, Farsi, Pashtu and Urdu are in demand, as are those who are familiar with Middle and Far Eastern cultures.

But that isn't the only group needed, Rice said.

People with degrees and experience in information technology, engineering, physics, chemistry, biology and,

naturally, counter-terrorism are also in demand.

Computer science workers are increasingly moving from support roles to become agents because the government has added computer crimes to the list of federal statutes the FBI is charged with enforcing.

Supervisors have found themselves scrambling for computer-savvy agents to put on their computer crime squads.

It should come as no surprise that the government finds itself in greater need of information technology experts, said Tinabeth Burton, a spokeswoman for the Information Technology Association of America.

The typical recruit is 27 to 31, has a graduate degree and is in excellent physical shape.

The candidates also must be willing to wait through the lengthy application process and pass a difficult written exam and in-depth background check.

—c) 2002, Chicago Tribune.



Photo by Rob Dailey

Micah Nelson takes a break from sweeping to get frisky with some kittens.

Humane Society continued from page 1

go play with the animals."

UAS student Ben Nestler, while washing dishes, said, "Last week we just petted the animals. This week they're entrusting us with dishes."

"These animals eat off cleaner dishes than I do," piped fellow UAS student Bradley Greenwell, who is not a part of the speech communications class but just came down to help out. "I was bored," Greenwell said.

While some students did dishes, others scraped paint and spackled walls. Shyann Stedman, sanding, said she had been thinking of volunteering even before the class, but now she's getting UAS credit, too. "And I get to play with cats!" Stedman added.

Most of the students volunteering at the Humane Society have a love of animals in common. In fact, student Shawn Stigall chose the animal shelter because, he said, "It's working with animals instead of people."

Even with the tough work, the students were having a good time last Friday. Curious and insouciant cats looked on as the students, joking and laughing, chipped away at their projects. The students hoped to finish painting two rooms, the largest project they've been assigned yet.

According to the group, the objective is to create a volunteer program for UAS students that will last beyond this semester. They would like to see students at the Gastineau Humane Society a year from now, two years from now. They hope to have opened a door, making it easier for UAS students to serve their community.

At the Gastineau Humane Society, sometimes that door opens into the yard, where there's poop to be scooped. Sometimes it opens into the playroom, where seven puppies frolic to and fro, waiting for warm laps.

UA Road Show participants have high hopes

By Kim Porter
Whalesong Staff

Fourteen students piled into two vans and rallied over 1,600 miles in three days to kick off the 2002 Legislative Conference hosted by UAS. The diverse group of University of Alaska students met Wednesday, Feb. 20, to participate in the first ever "UA Road Show." The students gathered from campuses across the state to lobby the legislators, with the hope of increasing the operating budget for the University of Alaska by \$16.9 million. The money would be used to increase faculty salaries and offer more programs.

Selected to attend the Road Show were four students from Fairbanks, three students representing statewide, two students from Anchorage, two students from Homer, one staff, and two of us from UAS.

"We are hoping to gain support from all over Alaska and I believe that by sending students to other communities, we can gain

that support," said Mark Graves, UAS Student Body President. "The UA Road Show is a great way for students to reach out to the communities and then work together to better the state of Alaska by increasing the UA budget." The Road Show began in Fairbanks, with the theme of the Legislative Conference, "Minds at Work," displayed as students wore yellow hard hats during the road trip.

After departing Fairbanks, the two UAF vans headed toward Anchorage. Along the way, they stopped in Palmer to collect the yellow postcards and tour Mat-Su College. This small branch of UAA campus has much to offer students and hopes to continue to offer them even more, with the help of the budget increase. Wednesday evening the vans returned to Anchorage for a short night and left early Thursday morning to begin a long journey back to Juneau.

Before leaving the Anchorage area, the students took a side trip down the Kenai Peninsula. The first stop was Kenai Peninsula College, where the group toured the campus and discussed the hopes for a budget increase for the UA system as a whole. KPC not only offers many distance courses to its students, but the college also offers a variety of classes in welding and the oil industry.

Kachemak Bay College in Homer gave the Road

Show the warmest welcome of all. Signs were displayed on many streets of Homer to greet the Road Show, and a huge group from KBC held a press conference, which filled the school while people rallied the evening away, expressing their concerns for the UA budget increase.

"Homer had heart," said Tyler Bishop, Road Show participant from Juneau. "They outdid their Anchorage counterpart and gave the UAS Road crew a good morale boost before we set off for Haines."

Two students from Homer joined the crew, but leaving Homer was somewhat dreadful. The group knew they would not really be stopping again until they reached Haines — over 1,000 miles from Homer.

However, the Dairy Queen in Soldotna (and the only DQ in Alaska) was a must for all UA Road Show participants! The night became longer and longer as the vans arrived in Anchorage to pick up the last of the Road Show crew — two UAA students — and then continued the drive to Haines. Frequent stops along the way were necessary to liven the exhausted group of UA students and refill their snacks.

The UA Road Trip came to a halt for most of the participants when the vans ferried into Juneau. The Legislative Conference filled the weekend schedules of most UA students from all over the state. Although the yellow postcards, supporting the budget increase, have been collected from all over the state, the legislators will make the ultimate decision regarding the \$16.9 million for UA.

There are still yellow postcards that need to be signed. So, if you are a registered voter, be sure to sign a yellow postcard, requesting more money of the University of Alaska.



Photo courtesy of Kim Porter

Brodie Anderson of Fairbanks collected signatures on the yellow "Minds at Work" postcards, which were loaded into the Road Show vans and brought to the Legislature in Juneau.



Photo courtesy of Kim Porter

Two vans carried UA students, postcards, Cheetos, Grandma's Cookies, a Virgin, and energy drinks across Alaska in their search for UA support.

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Photo courtesy of Kim Porter

The statue of the Virgin Mary accompanied the students on their enlightening journey. Photos of Mary were collected for her scrapbook, which will be anonymously returned along with her to her rightful owner.

The Whalesong

The student voice of UAS

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The University of Alaska Southeast student newspaper, *The Whalesong*, is a free bi-monthly publication with a circulation of 1000 copies per issue. The Whalesong's primary audience includes students, faculty, staff, and community members.

The Whalesong will strive to inform and entertain its readers, analyze and provide commentary on the news, and serve as a public forum for the free exchange of ideas.

The staff of *The Whalesong* values freedom of expression and encourages reader response. *The Whalesong* editorial staff assumes no responsibility for the content of material. The views and opinions contained in this paper in no way represent the University of Alaska and reflect only those of the authors.

The Dailey Word

Apostasy- n. an abandoning of what one has believed in, as a faith, cause, principles, etc.

By Rob Dailey
Whalesong Staff

What's that I hear? Is it the Easter Bunny, coming down the lane, coming to plant eggs all about my backyard and fill my basket with chocolate? No, of course it's not. There is no Easter Bunny. No one over the age of 12 believes there's an Easter Bunny. It's just something adults tell kids. It makes Easter more fun!

The Easter Bunny is a lot like Santa Claus. He's a jolly character we imagine who spreads mirth and joy to children. It's an excuse to make the kids happy, and it gives the adults something to wink about, too.

Certainly many people who are now adults once believed in these fantasies and others. These characters have sneaked around childhoods for generations.

Of course, there comes a time when the kids grow up a little bit; they start

to figure things out. They put together clues here and there and eventually realize that their parents had been fooling them all along. The parents just smile and shrug and say, Ah well, it was fun to believe for a while, right?

Sure, it was fun to believe, you think, and no harm was done. You get on with your life, with its bigger problems.

But, it seems, a logical pattern of thinking has been established here: you are led to believe in very specific fabrications to make childhood more fun, maybe easier to bear. When you're able to understand how things really work, you don't need these little devices anymore. There's no Easter Bunny or Santa Claus, and so what? You don't need them anyway, you think. You're wiser, more mature. That's how things work, you understand now.

But you have been conditioned to apostasy.

Logically following this correct pattern, is it any surprise that we might assume the same about a jolly old character called God? Maybe only subconsciously, the whole thing sounds familiar. It's just another old blanket to make life a little cozier, to make it sound a little easier than it really is. So you cram the idea in the toy-box with the rest of those inventions. Ha, ha.

Add to this the irony that the big character-theme holidays also happen to be deeply religious holidays, and the connection is already made in the mind.

So of course that can't be the Easter Bunny I hear! I guess it can't be ol' God either. They're already packed away with the rest of those comfortable constructs. It must be my indigestion from eating too many chocolate eggs.

Environmental Science Students meet the hydrology faculty candidates !!!

Dr. Sonia Nagorsky
University of Montana

Pizza with Students 3/5/02 HB 105 noon to 1 pm
Stream Hydrology Lecture in GEOL 104 class 3/5/2002
HB 110 3:30 to 5 p.m.

Dr. Eran Hood

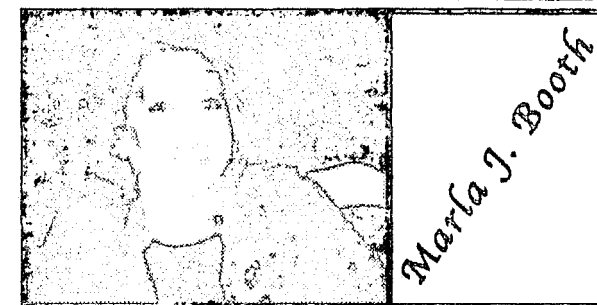
University of Colorado Boulder
Research Seminar 3/6/02 HB105 noon to 1 p. m
Pizza with Students 3/7/02 HB 105 noon to 1 p. m.
Glacier Lecture in GEOL 104 class 3/7/02
HB 110 3:30 to 5 p.m.

For more information about the hydrology seminars, please contact Cathy Connor at 465-6293.

Editor's Note:

When you think of Marilyn Monroe, what are your first thoughts? Sex symbol, goddess, pop icon? At every website or encyclopedia reference that I saw, the most common words used to define Ms. Monroe's body are "voluptuous curves." The Latin root, *voluptuosus*, means "full of pleasure."

In the previous issue there was a photo of Marilyn with the caption: "When can we go back to looking like this again? Feb. 25-Mar. 1 is Eating Disorder Awareness Week."



In my mind, the point was clear. I was surprised to discover that this was unclear to others on campus. The comments I heard were exactly the opposite of its intended implication.

One student actually thought it was saying that it's not ok to be overweight, until he read past the first sentence. Other observations had to do with the supposed "drugged up" look she had on her face. Therefore, I decided the photo needed some clarification.

Yes, Marilyn had some drug

(continued on page 5)

Voice on Campus Poll

Photos and quotes by Rosa Fonseca

What's your fantasy spring break vacation?



"Someplace sunny. A tropical island, somewhere in a remote part of the world."

-Nikki Hughes

"A cruise in the Caribbean, so I could lie in the sun and be served drinks with umbrellas all day long."

-Kolene Dunne



"A week in Italy... Venice, Rome, probably Naples."

-Christopher Thomas

"It would definitely have to be in Italy, with my daughter Olivia, staying at the most exclusive hotel in Piazza Verona."

-Tricia Watson



"Somewhere beyond here, I guess."

-Bjorn Dihle

"Somewhere warm. I'd say Hawaii."

-Brooke Rohweder



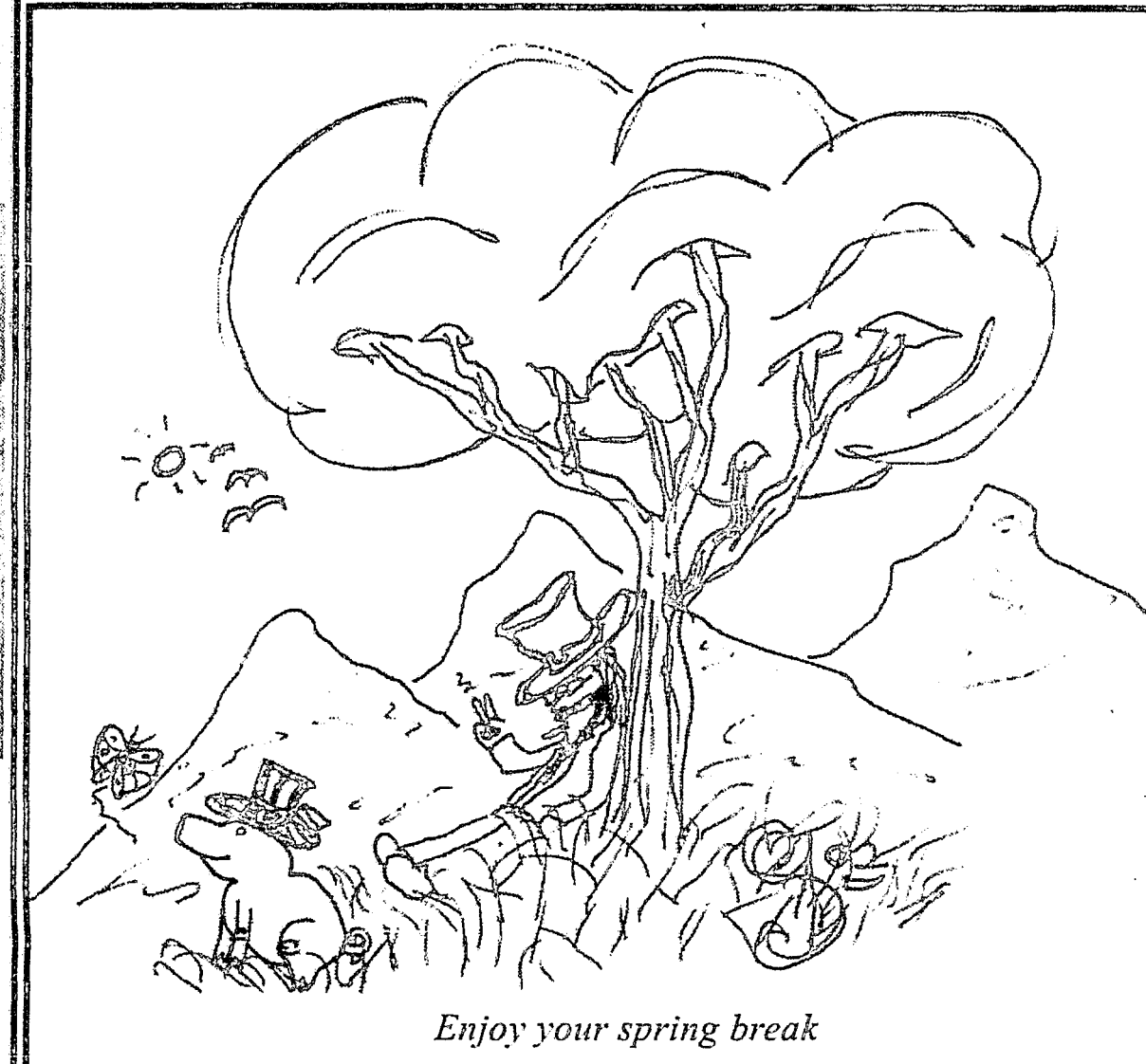
Editor's Note continued from page 4

problems. Yes, she had a hard life, and the mystery around her death is notorious. Aside from these issues she is now a legend, and why is that? Perhaps because she was a beautiful movie star, she was larger than life, she made a significant impact on the culture, people loved her, and she died young.

The point is, Marilyn was far from emaciated. She had a size 14-hourglass shape and people loved her. More than that, people thought she was beautiful. In society today the goal is to have no curves, to be pre-pubescent, the complete reverse of Marilyn Monroe. In the photo the Whalesong ran, she was neither overweight nor underweight. That's why I chose to run it with the caption, "When can we (society) go back to looking like this (normal)?"

American Dregs

By Alan Douglas Sucharzewski



Enjoy your spring break

The Whalesong

is running its annual short story contest!

The short story Theme is:

"What I did on my SPRING BREAK."

-Fiction and creative non-fiction accepted.

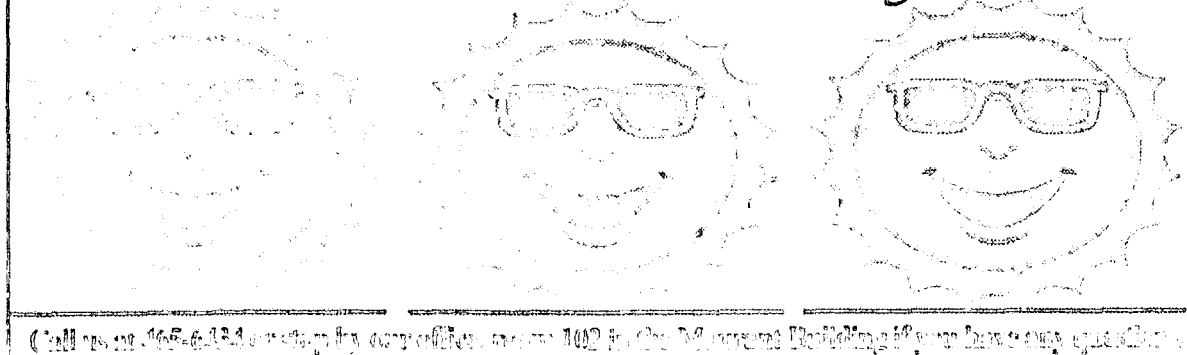
-Stories should be 1-3 pages, double spaced.

-All stories will be read by the staff and advisor of the Whalesong class. The winner will be chosen by a vote.

-Stories must be received by April 11th.

-Submit stories, with name and contact info appearing only on a cover page, to the Whalesong office, fax it to us at 465-6399, or e-mail it to: whalesong@uas.alaska.edu

The winner will receive a UAS sweatshirt, and the story and author's picture (preferably relating to the story) will run in the April 23 edition of the Whalesong.



Call us at 465-6399 for more information or to get the 2002 annual Whalesong Short Story Contest packet.

Women suffer more pain than men but are treated for it less

By Susan Ferraro
New York Daily News

NEW YORK - Women are not wusses. They are designed to carry and deliver babies; the latter stage of the process is often thought to generate the worst kind of pain. And, in most cases, they are hardy enough to survive the ordeal and nurture their infants to adulthood.

And yet nature makes it doubly hard for women when it comes to pain: They not only endure a lot of it, they actually feel pain more acutely than men do.

It's not "all in their heads," as doctors have been known to tell women who don't get better on schedule. Women notice and complain about pain sooner - and more vocally - than their male counterparts.

They even react to treatments differently, benefiting more than men from morphine-like opiates but responding less to common painkillers like ibuprofen.

And when they do receive treatment, they're often short-shrifted. Doctors and nurses have long tended to undertreat pain, perhaps because some of the drugs used are addictive. But in a study of cancer patients, women got even less medication than men, says Lenox Hill Hospital's Dr. Norman Marcus, who has a private practice at the Norman Marcus Pain Institute.

Despite all this, women in pain cope admirably, other research shows. That makes them heroes, not hypochondriacs or hysterics, says Dr. Mark Allen Young, author of "Women and Pain: Why It Hurts and What You Can Do" (Hyperion, \$24.95).

Consider Maria Ramos, 48, a wife, mother and baby-sitter in the Bronx. For years she complained of head, back and neck pain that eventually spread to a knee. Her doctor blamed sinus problems and migraines. "But I don't have that, none of the sinus," Ramos says. "So I keep complaining. I feel bad, because I have all this pain and he doesn't do something." Eventually, she got a referral to the Mount Sinai Pain Clinic.

Pain specialist Dr. Paru Pandya focused on a herniated disk Ramos had. The first medication didn't help, but a second approach - numbing muscle injections - did. "The pain goes away in the arms, the knee and the neck," sighs Ramos.

"Sometimes the doctors don't refer people in time," says Pandya. "We see a lot of women with fibromyalgia, which is muscle aches all over - it's horrible. The sad part is that they are not believed, not given medication, and by the time they get to us it has affected everything."

That's because one pain can lead to another, as a person favoring a knee, for example, throws a hip out. Or, says Pandya, "They start to be depressed. Then they have two problems, which might have been prevented."

Often dismissed as a mere symptom, pain is in fact a \$100 billion-a-year public-health problem, counting treatments, doctor visits and lost productivity. "In my opinion, chronic pain is a women's-health issue," says Roger Fillingim, a clinical psychologist and leading women's-pain researcher at the University of Florida's College of Dentistry.

Yet pain itself remains mysterious. It is necessary to life, an early warning

Continued on page 7

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a lifetime of benefits!**

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March 25, 2002

Information Table
10:00 am to 4:00 pm - UAS Cafeteria
Informational material and application kits
will be available...stop by and see us!

Peace Corps Video Presentation
12:00 Noon - UAS Lake Room
Meet the recruiters, see a great video and explore
the many opportunities Peace Corps offers

www.peacecorps.gov
(800) 424-8580 - Option 1



Horoscopes

By Lasha Seniuk



Aries (March 21-April 20). Revised work definitions will captivate much of your time. Expect authority figures to replace sluggish personnel. For many Aries workplace changes will now pave the way for important career gains and fast financial planning. Watch for loved ones to be highly sensitive concerning the recent actions of a friend. Avoid serious social discussions, if at all possible.



Taurus (April 21-May 20). A slow approach to new assignments will bring steady success. Expect key officials or business contacts to be momentarily confused. Authority figures may feel pressured by incoming information from many different sources. Remain calm and wait for obvious instructions. Accent small financial disputes and family budgets. Ongoing debt may be a vital issue.



Gemini (May 21-June 21). Social events and light romance will be rewarding. Expect restlessness between friends or vague romantic communications to no longer strain key relationships. Use this time to improve long-term relations. A recent wave of social mistrust and boredom now needs to end. Sudden intuitions and emotional wisdom will be difficult to resist. Employment strategies are accented.



Cancer (June 22-July 22). Confused work assignments will soon work in your favor. Expect previously reluctant officials to allow greater creativity. Imprint your personal style on new projects or begin fast business ventures. Both will progress without hidden resentments. Social relations may be briefly irritating. Avoid risky subjects, romantic comments or public criticism.



Leo (July 23-Aug. 22). Official documents may cause confusion. Expect colleagues to be moody and doubtful. Planetary alignments also indicate, however, that this is a strong time for renewed commitment to difficult projects. Watch for team priorities to be revised. A fresh perspective will soon bring positive results. A close friend may begin to let go of old wounds. Be supportive and expect fast social decisions.



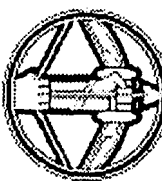
Virgo (Aug. 23-Sept. 22). Watch for a friend or lover to present unusual proposals. Travel plans or unique social gatherings may all be on the agenda. Remain cautious. Loved ones may need to publicly state their feelings and quickly make changes to social plans. Restlessness may be an ongoing concern. Expect rare moments of stress and frustration. Financial speculations will be scattered. Avoid risk.



Libra (Sept. 23-Oct. 23). Loved ones will openly discuss their needs. Expect compelling overtures and new levels of passion. Social misinformation and vague promises will now end. Watch for fast progress in long-term relationships. An unusual proposal may arrive. Single or unattached Librans can expect sudden declarations of love or highly seductive invitations. Respond candidly. No hidden agendas exist.



Scorpio (Oct. 24-Nov. 21). Emotions are now a strong influence. Expect friends to publicly address recent disappointments. All is well, so not to worry. Do, however, watch for loved ones to discuss rare events or release unwanted emotions. Temperaments and expectations return to normal. Pace your responses and wait for a clear signal that it's time to move forward. React honestly to bold statements.



Sagittarius (Nov. 22-Dec. 21). Love and sentimentality are accented. Expect romantic attractions to be unusually compelling. Many Sagittarians may also find, however, that loved ones need extra time to put their doubts to rest. Remain patient. Unpredictable social behavior will create a rare bond between lovers. Rest and contemplate newly aligned social priorities: wisdom and balance will soon arrive.



Capricorn (Dec. 22-Jan. 20). Home relations and private romantic encounters will be pleasing. Watch for intriguing invitations to cozy, intimate events. A slowly seductive approach to romance is now best. Loved ones will respond positively to shared home comforts, family acceptance and private experiences. News from a previously hidden business may be confusing. Avoid quick reactions and wait for clarity.



Aquarius (Jan. 21-Feb. 19). Discuss complicated family decisions with loved ones. Planetary alignments now indicate that many Aquarians will begin a short but intense period of emotional change in home relationships. Key issues may involve financial divisions, planned family events or the health and well being of older relatives. Important money breakthroughs are due. Open discussion is the key.



Pisces (Feb. 20-March 20). A friend or colleague may express minor jealousies concerning workplace advancement. Be diplomatic and wait for others to regain their faith in their own potential. This is not the right time to question the abilities of fellow workers. Watch also for an unusual or completely unexpected romantic flirtation. Someone close may soon reveal deep feelings of love or attraction. Stay calm.

—Distributed by Knight Ridder/Tribune Information Services.

STUDY ABROAD SCHOLARSHIPS

The Juneau Gastineau Rotary Club is offering scholarships through the Rotary International Ambassadorial Scholarship program. The nine-month **Academic-Year Scholarship** and a three to six month **Cultural Scholarship**. Application deadline is **April 15, 2002** for academic year starting after July 1, 2003.

For more information see the following website: http://www.rotary.org/foundation/educational/amb_scho/index.html#types
Or call Linda Blefgen at 789-0820 or Rick Cook at 463-3623

Names in the news

By Gayle Ronan Sims
Knight Ridder Newspapers

Paul McCartney, 59, will launch his first North American concert tour in nine years in Oakland, Calif., on April 1. He will play 20 shows in 19 cities, including a two-night stand in Las Vegas, where ticket prices will top \$350. Tickets for other cities on the eight-week trek will be \$55 to \$250 and go on sale soon. Stay tuned for more details.

Peter, Paul & Mary, whose partnership has lasted longer than most marriages, are planning a tour to celebrate their 42d anniversary. The folk-music greats - Peter Yarrow, Paul Stookey and Mary Travers - will croon their way across North America beginning March 21 in Newark, N.J.

THE NAKED TRUTH

Former teen pop star Tiffany, who has nude pictures forthcoming in Playboy, had a serious chat about it with her 8-year-old son, Elijah, that included flipping through Vogue. "He was, like, 'OK.' I'm sure he's not, like, 'OK, well, right on, Mom,'" said Tiffany, 31, who is, like, hoping to jump-start her music comeback with her, like, bare bod, a new album, and a stint on Howard Stern's show Monday. Tiffany was a queen of the '80s charts

with "I Think We're Alone Now."
CASE CLOSED

Prince Harry will not be charged on allegations of marijuana smoking and underage drinking at a pub near his father's Highgrove estate in England. "None of the inquiries made revealed any involvement whatsoever by Prince Harry," Wiltshire police told the BBC.

QUEEN TOURS AMID SCANDAL

Photos of Queen Elizabeth II in a sunny yellow suit competed for top play in Australian newspapers Friday with 50-year-old photos of a 14-year-old girl who has accused the queen's envoy, Governor-General Peter Hollingworth, of failing to help while she was being sexually abused by a priest as a child. The woman asked the queen to "quietly" urge Hollingworth to resign.

MADONNA HITS THE LONDON STAGE

The Material Girl will star in a new play, "Up for Grabs, opening in London's Wyndham's Theatre May 23. Madonna is married to English film director Guy Ritchie, with whom she has a son, and has made London her home.

(Philadelphia Inquirer wire services contributed to this column.)
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"Congratulations 2002 Graduates!"

Publishes Tuesday, April 30
in the special Graduation edition
of the Whalesong
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Friday, April 19**

THE WHALESONG
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Send this form along with your photo (preferably no larger than a 5"x7") to:

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*Additional Message words \$.10 each

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Women continued from page 6

when the body needs help - for burns, broken arms, sore throats, tumors. But it's also exhausting.

"Persistent pain is garbage in the brain," Marcus says. "It inhibits healing."

Our tough-it-out American ethic complicates the problem. "Society assumes that the more pain you can take, the healthier you are," Fillingim says. But in some disorders, like bulimia, patients have less pain perception. Sexual stereotyping also plays a role.

"Men are supposed to be tough, stoic and not expressive, to suck it up and deal, but it is more socially acceptable for women to be more expressive," says Dr. Allen Lebovits at the New York University Pain Management Center.

That means their complaints may not be taken as seriously as men's. And women have lots of pain: more headaches, arthritis and autoimmune disease; more knee problems, even as young women, and more intestinal trouble. They get fibromyalgia more than men and suffer more of certain injuries. There are also female-only pains - cramps, breast tenderness and PMS.

Then there's the estrogen factor. Experts blame hormones for a lot of pain complaints: For example, migraines seem to strike when estrogen is high. Making matters worse, the normal fluctuation in women's hormones has hindered research on the subject.

"I wouldn't say ... evil male scientists have maliciously ignored women over the years," Fillingim says. "It is just easier to study men because (researchers) don't want to mess with hormone changes."

Women may also be more vulnerable because they seem more susceptible to stress, which undermines the immune system and natural, painkilling brain chemicals. There is also a link between past sexual and physical trauma and chronic pain.

"Survey 100 people in a pain clinic, and 45 percent to 60 percent of them will turn out to have been sexually abused," Fillingim says. In the general population, the rate of sexual abuse in women is 25 percent to 35 percent; among the 5 percent to 10 percent of men who are abused, "It is more often physical than sexual."

Proof that women hurt more than men - and in different ways - lies in provocative but consistent research, much of it spearheaded by Fillingim after he noticed that women have more TMJ, or temporomandibular joint syndrome, which can cause extreme jaw pain. In the mid-1990s, he devised controlled-pain lab experiments: "Basically, we have healthy people and start hurting them, and that is why I belong so comfortably in a dental school," Fillingim says with just half a laugh.

In one test, he applied a postage-stamp-sized thermal sticker to skin and noted when subjects said "It hurts" or "Turn it off." Women not only cry uncle sooner, they develop hypersensitivity to repeated pain faster than men.

Other involuntary markers of pain show that men's pupils dilate less than women's when they feel pressure, and their natural muscle-flex response to ankle pain occurs later.

Fortunately, nature has ways for women to cope. Sexual stimulation raises women's pain threshold, but not men's, which means pain they may experience can actually be helped by sexual activity. "I have a headache" is not a good excuse for (women) not having sex," Fillingim says.

But because women's pain threshold rises naturally in pregnancy, they're often given inadequate help during their most predictable trial, labor, says a pioneering Brooklyn biochemist, professor Alan Gintzler at State University of New York Downstate Medical Center.

"The bottom line is that women are built differently," says Young, who uses alternative and conventional therapies. "Doctors need to realize that women have different pain thermostats, that women are not small men."

It should be easy. "All pain is real; you've got to accept that," says Lebovits. Gender should be irrelevant - it is the doctor's job to respect the complaint.

Ethel Simon, 48, has overly flexible joints and arthritis that have led to three shoulder surgeries. Now doctors want to operate on her hips. "I am not keen" on the idea, says the former retail saleswoman.

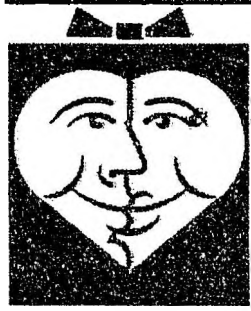
Doctors have ignored her in the past; one suggested she hold out until she turns 60, when some of the problems would go away by themselves. "But I was too determined," says Simon.

When it got so bad "medicines weren't working," Simon found Marcus. After numbing injections, careful medication management and physical therapy, Simon's right shoulder is better, "and I have tremendous relief in my hips."

"Is it possible for most people who have severe pain to get relief?" asks Marcus. "The answer is yes, but the selection of treatment and the dosage are completely individualized."

Says Lebovits: "I prefer having a woman patient. I don't have to work as hard, because they are more in touch with their emotions. With a man, I have to peel the layers back to find out what the problem is."

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Dr. Love and Deb Auchery

"How can I avoid my lustful feelings..."

Dear Doc and Deb:

Help! I think I'm in love with my professor. I am committed to someone already, but this professor drives me crazy. How can I avoid my lustful feeling and concentrate during class.

Doc Says:

You will probably have to put up with fantasizing about your teacher for the rest of the semester. You're in lust you'll have to ride it out. It sounds to me like you would not act on your feelings anyway. Just remember your paying to get an education not to get laid.

Deb Says:

I think most of us at one time or another have fantasized about a professor or two and usually (not always) the feelings pass. If you are committed to someone else perhaps you can bring a picture of that person and plaster it all over your notebooks for the class that your dreamy professor teaches. As for concentrating in class...all I can recommend - using the wise words of Nike "Just Do it!"

Good Luck!

Dear Dr. Love and especially Deb: I know this column is just for fun, but I am a faithful reader nonetheless. I have been trying your advice on the girls that I meet, whenever I get a chance. It finally paid off and I lost

my virginity. I feel I owe it all to Dr. Love and especially Deb. Thanks for all the good advice.

Doc Says:

I'm glad you finally got what you wanted. I hope you'll be able to keep your new love. Remember to stay safe out there.

Deb Says:

No prob. Thanks for the exalted praise.

Dear Doc and Deb:

I went on a weekend trip and didn't call my new girlfriend at all. Some of the guys I was with said I should call and others said I have to show my independence and not call. What do you think?

Doc Says:

Call her once, late at night, and tell her you miss her. Make sure your buddies aren't around. Do whatever it takes to get some time alone. You do not need to call her at every piss stop on the trip. Show some independence but try not to distance yourself too far or you will be out a new girlfriend.

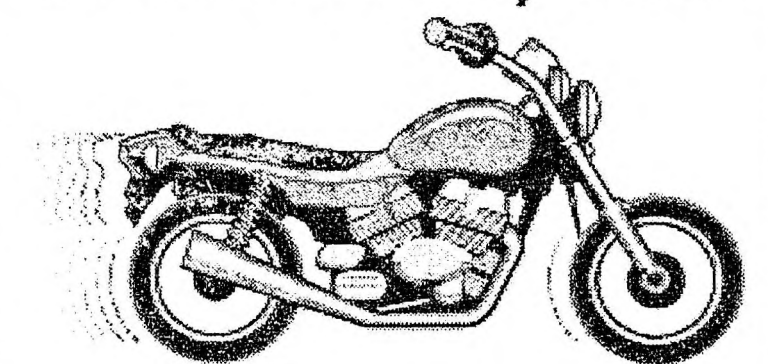
Deb Says:

Well, it's a bit too late isn't it? I mean you already made the choice? You didn't call. What was her reaction?

Personally, I think you should call if you want to call and don't call if you don't want to call.

Usually, if you are in a relationship that you want to be in with someone that you care about you will want to call, if only to find out that she is ok and to let her know that you are ok. If I was your girlfriend, I would dump your ass for making me worry and also because I would assume that you weren't into me or the relationship, so why would I want to be with a creep like that?

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S.E. Alaskan film festival captivates crowd

By Eric Morrison
Whalesong Staff

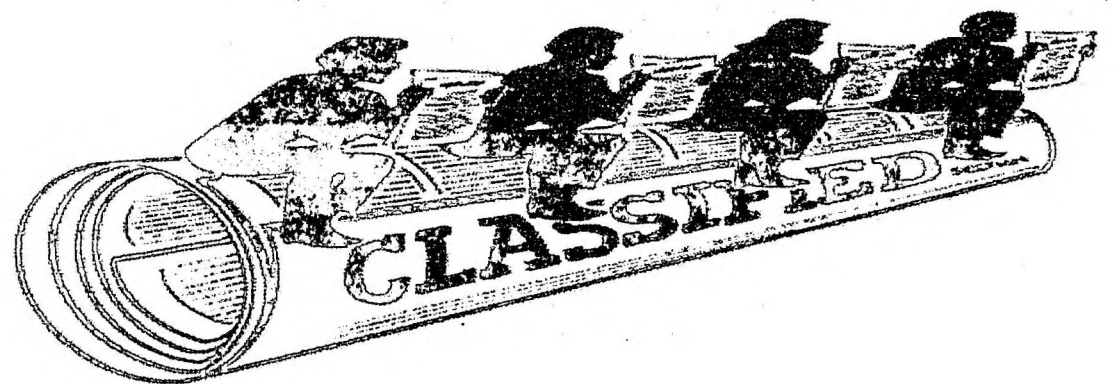
An exceptional group of movies played for a packed house at The Panhandle Picture Show 2002 in Haines on Saturday, March 2.

Movies from as far away as Colorado, California, and Washington combined with local Alaskan pictures to create this eclectic film festival presented by the Haines Arts Council.

A total of 19 movies of various styles and contents vied for cash prizes and respect. A short fiction piece about a young Native man's spiritual quest, titled *Plank House*, directed by Christopher Mierzejewski and Theresa Manzanara of Juneau walked away with first place. Second place went to director Jason Halprin of Berkley, Calif., for his psychedelic experimental film titled, *Summer Home*. An avalanche public service message titled, *Into the White* by Steve Kroschel of Haines took third place.

The coveted audience choice award went to a Haines satire directed by Doug Fine titled, *Talk Around the Cave*.

A tremendous amount of hard work from the coordinators and the artists went into making this festival successful. It goes to show that passion for art can create a cultural and educational experience in a S.E. Alaskan community.



Your pictures are here. If you used photos for the Love Notes and want them back they are still here in the Whalesong office. Just stop by room 102 downstairs in the Maurant Building.

JIMI-I'm sorry I spelled your name wrong. Housing staff was certain they were correct! Sorry again! -Kim

The Whalesong is looking for an energetic, happy go lucky person who lives in student housing. We need someone to distribute newspapers to each door. Possible Perks! Stop by our office in room 102, downstairs in the Maurant Building. Or, call 465-6434, or e-mail whalesong@uas.alaska.edu

HAPPY 21st BIRTHDAY TYLER! Wahoo! He's finally gonna be legal! The staff at the Whalesong would like to toast one of our own, Tyler Bishop, who will be turning 21 on March 8th. Have fun and BE SAFE!

Classifieds

Classified ads are \$7 for approximately 30 words. Words of emphasis (bold, italics) are an additional 30 cents per word. Ads run for one issue of the paper. Ads are free to UAS students for personal use. Contact Virginie at 465-6434, fax at 465-6399, or e-mail at whalesong@uas.alaska.edu to place an ad.